

Exercise, work, and play – walking is a way of life for people in these towns.

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Here at *Prevention*, we believe that every step counts. That's why this year, when we paired up with the American Podiatric Medical Association for our annual survey of the best walking cities in America, we decided to include any time when we're using our feet to get us places, even if we're not exactly exercising.

Our experts looked at the obvious (walking to work and using public transportation) to the not so obvious (owning a dog, going to the beach). Our statisticians gathered more than 18,000 bits of information on hundreds of US cities from sources such as Census 2000, government agencies, and market research surveys. Then they scoured for data indicating how many people pursued these various activities in each of the 200 largest US cities. To determine our winners, we tallied each category for every city. We learned not only where the most walkers lived but also why they walked.

Here, we give you the top 10 cities with populations greater than 500,000 and the top 10 with populations less than 500,000. The map of the [20 Best Walking Cities*](#) reveals our winners; the key indicates the top activities that got residents on their feet in each city. For a complete ranking of the top 200 walking cities, continue reading. We've separated them into three separate categories:

[Best Walking Cities with Populations 500,000+](#)
[Best Walking Cities with Populations 200,000 to 500,000](#)
[Best Walking Cities with Populations Less Than 200,000](#)

Go ahead--find out how your city stacks up to the rest of the country.

| Rank | City | State |
|------|---------------|----------------------|
| 1 | San Francisco | California |
| 2 | Seattle | Washington |
| 3 | Portland | Oregon |
| 4 | Boston | Massachusetts |
| 5 | Washington | District of Columbia |

| | | |
|----|--------------------|--------------|
| 6 | New York City | New York |
| 7 | Denver | Colorado |
| 8 | Philadelphia | Pennsylvania |
| 9 | Austin | Texas |
| 10 | Baltimore | Maryland |
| 11 | San Jose | California |
| 12 | Columbus | Ohio |
| 13 | San Diego | California |
| 14 | Los Angeles | California |
| 15 | Chicago | Illinois |
| 16 | Nashville-Davidson | Tennessee |
| 17 | Tucson | Arizona |
| 18 | Indianapolis | Indiana |
| 19 | Houston | Texas |
| 20 | Dallas | Texas |